



Photo by Staff Sgt. Chris McCullough, U.S. Army-Pacific Public Affairs

**FORT SHAFTER — U.S. Army-Pacific holds a Fun Run/Walk, June 12, at Palm Circle, here. The 2-mile run consisted of Army units and family members stationed on Oahu. The run was part of the Pacific Theater Army Week activities celebrating the 242nd birthday of the Army.**

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## TAMC flexes muscle for MASCAL scenarios in All-Hazards exercise

Story and photo by  
**WILLIAM SALLETT**

Tripler Army Medical Center Public Affairs

**HONOLULU —** Tripler Army Medical Center participated in U.S. Army Garrison-Hawaii's annual All-Hazards exercise, June 8, to test its mass casualty (MASCAL) emergency operations plans and procedures.

The MASCAL scenario involved a Category 4 hurricane striking Oahu and doing considerable damage to both military and civilian buildings, as well as infrastructure.

"This is a scenario that is very possible here on Oahu, so this gives us a great opportunity to exercise our plan to ensure that it is the most effective and that we are ready to perform at our very best during a bad situation," said Joseph Chesnut, TAMC Emergency Management specialist. "We don't get to run through this every day, so an exercise like this can keep everyone's mind fresh and ready to perform at a moment's notice."

Once TAMC was notified that it had incoming patients, the TAMC disaster response team transformed the Emergency Room parking lot into a makeshift triage area and began treating patients.

TAMC treated approximately 50 casualties that were injured during a building collapse on Fort Shafter, as well as four individuals who were severely injured on Schofield Barracks. Patients were transported to TAMC via ambulance, bus and helicopter.

The MASCAL was a collaborative exercise between TAMC, USAG-HI, U.S. Army Health Clinic-Schofield Barracks, Queens Medical Center, United Health Care, the Veterans Administration and the American



**A mock patient begins to receive basic treatment in TAMC's Emergency Room parking lot due to a lack of space during a MASCAL scenario, June 8.**

Red Cross.

"In a real-world MASCAL situation, there would be multiple entities coming together to assist the citizens and military personnel of Oahu," said Chesnut. "That is why these exercises are so important. We all have to be on the same page and exercising the same plan, so we can respond as effectively and efficiently as we possibly can."

TAMC practices MASCAL exercises to prepare for real-world situations and conducts two mass casualty response training events annually, as well as during the Rim of the Pacific (RIMPAC), the world's largest international maritime exercise.

The full spectrum of services available at TAMC allows it to be one of only six hospitals in Hawaii that is designated as a National Disaster Medical System.



Photo by Capt. Steven J. Guevara, 25th Combat Aviation Brigade  
**UH-60 Black Hawk and Chinook helicopters from the 25th CAB contribute water drops to fight a wildfire in the Waianae Mountain Range, June 8.**

## Army helicopters help fight forest fire

**KAREN A. IWAMOTO**  
 Staff Writer

**SCHOFIELD BARRACKS —** A wildfire that reached the Mokule'ia Forest Reserve scorched about 450 acres of land and came within less than a mile of some of the world's most endangered trees before it was contained on June 10.

The mehamehame trees, also known as the "redwoods of the Hawaiian forest," are endemic to Hawaii and considered critically endangered. The Waianae Mountain Range is the only place where they are found on Oahu.

"There are less than 30 mehamehame trees remaining in the world," said Kapua Kewalo, the natural resources manager for U.S. Army Garrison-Hawaii. "And they are male and female trees, meaning that they need to get together to make keiki. With such a small gene pool as it is, every single one of those remaining trees is invaluable."

Charles Gibbs, chief of the U.S. Army Hawaii's Wildland Fire Division, said fire officials managed to put down the blaze before it reached any endangered native plants.

Two UH-60 Black Hawk helicopters from the 25th Combat Aviation Brigade, 25th Infantry Division, each capable of dropping 660 gallons of water at a time, were called to the scene to help battle the blaze. The 25th CAB also deployed a Chinook helicopter capable of dropping 2,000 gallons of water at a time.

Firefighters from the Army's Wildland Fire Division helped to secure the fire's boundaries and to call in the water drops.

"As a member of the Oahu community, the 25th CAB takes great pride in being able to assist the surrounding area in times of crisis," said Maj. Robert I. Sickler III, the 25th CAB executive officer. "We are happy that we could help during these wildfires."

Firefighters from the Honolulu Fire Department were also fighting the fire. It and the state contributed smaller helicopters to drop buckets of water on the fire.

The quick pooling of state and federal resources was possible due to a mutual aid firefighting agreement between the Army and the state's Division of Forestry and Wildlife.

Although no endangered native plants were destroyed in the fire, Kewalo pointed out that some non-endangered native plants were destroyed. These included some wiliwili and lama trees, both culturally significant to Native Hawaiian cultural practitioners.

While there is enough remaining stock of those trees, she emphasized that the fire now widens the boundaries for harder non-native plants that will likely re-populate the scorched area and create more fuel for future fires.

(For the rest of the story, visit [www.hawaiiarmyweekly.com/2017/06/15/army-helps-fight-wildfire-protect-endangered-species/](http://www.hawaiiarmyweekly.com/2017/06/15/army-helps-fight-wildfire-protect-endangered-species/).)



Photo by Karen A. Iwamoto, Oahu Publications

**Emergency vehicles travel over Kolekole Pass on June 8 as part of the full-scale exercise providing emergency support to Oahu's Leeward Coast. The pass has been closed to routine traffic in recent years due to extensive storm damage to the road. Ensuring emergency vehicles could traverse the pass was an important part of the exercise.**

## All-Hazards tests hurricane response, more

**U.S. ARMY GARRISON-HAWAII**  
 Public Affairs

A Category 4 hurricane blasted through Oahu on Thursday, June 8, devastating the Schofield Barracks Health Clinic and causing several deaths and injuries. Other U.S. Army Hawaii installations from Fort Shafter to Pohakuloa Training Area on Hawaii island felt its fury.

Critical communication networks were disrupted and safe havens were required for USARHAW community members displaced by the storm.

Working quickly with the 25th Infantry Division and U.S. Army Garrison Hawaii, the health clinic set-up a tent site at Area X to provide mass casualty emergency care to those injured and needing assistance. Critical patients were airlifted to Tripler and Queens medical centers.

The hurricane and the aftermath caused incidents, including a hazardous material spill at Schofield Bar-

racks and a hostage situation at Fort Shafter Flats. The Military Police and Federal Fire Department responded immediately, and both situations were resolved.

With USARHAW commands and partners working together throughout the storm, communication systems were re-established, emergency and support vehicles were successfully dispatched as needed, and critical infrastructure operations were maintained.

Of course, all of these incidents and many others were part of USAG-HI's annual All-Hazards exercise held the week of June 5th. The exercise goals were to prepare USARHAW installations for the arrival and survival of a major hurricane. Garrison directorates and USARHAW units were tested and evaluated in emergency response and recovery operations.

The exercise provided valuable insights on systems and procedures that worked well and those where improvements and practice were needed.





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The U.S. Army-Pacific commanding general, Gen. Robert B. Brown (left), presents Maj. Gen. Mark J. O'Neil, chief of staff, USARPAC, with the Distinguished Service Medal "for exceptionally meritorious service in a duty of great responsibility" at a Flying "V" ceremony held at historic Palm Circle, Fort Shafter, June 9.

The Flying "V" ceremony was held to honor O'Neil for his distinguished service as he prepares to depart USARPAC.

The "V" refers to the way the colors are posted during the ceremony, which is V-shaped.

# Flying V honors O'Neil's time w/USARPAC

Story and photo by  
**STAFF SGT. CHRISTOPHER MCCULLOUGH**  
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Maj. Gen. Mark J. O'Neil, chief of staff, U. S. Army-Pacific, was honored during a Flying "V" ceremony held at historic Palm Circle, here, June 9.

The Flying "V" ceremony was held to honor O'Neil for his distinguished service as he prepares to depart USARPAC. The "V" refers to the way the colors are posted during the ceremony, which is V-shaped.

Sixteen of USARPAC's subordinate and theater-enabling commands were represented on the parade field by Soldiers bearing the organizational colors and command teams.

The USARPAC commanding general, Gen. Robert B. Brown, officiated the ceremony and addressed O'Neil's importance to USARPAC and the impact he had on the command.

"Nobody brings good news to the chief of staff – that usually goes to the commander. The bad news goes to the chief, and he has to handle all the tough situations, and Mark did it extremely well," said Brown. "We're very proud of him."

O'Neil has 31 years on active duty with the U.S. Army. He has been with USARPAC since

2016, during which time he has worked as the chief of staff.

"He immediately re-emphasized a sense of teamwork within the command when he got here, inclusiveness, sharing of information, recreating that mission command within the staff," Brown said. "He really got a battle rhythm going and got the staff moving out with a great mindset to make decisions and keep up with the pace that operations happen in today's world."

Brown went on to thank O'Neil for his contributions to USARPAC and stated how he is glad that O'Neil will be staying in the USARPAC theater.

"Good news is, while the O'Neils are leaving, they're not leaving the U.S. Army-Pacific team," Brown said. "He's going to command U.S. Army-Alaska – something Mark O'Neil is really excited about. So, we're keeping him on the team, but (he gets) a little change of climate."

O'Neil responded in kind, stating that Brown's remarks meant a great deal to him and that he appreciated the "amazing opportunity that has opened my eyes up to all the hard work and dedication that our Army Pacific Soldiers and civilians have put into every

effort."

"I could not have asked for a better year in this assignment," said O'Neil. "Gen. Brown, sir, it's been yet another first-class year. A lot of discovery learning on my end, but under your leadership, I'm absolutely grateful for the environment you have forged at this command, and I'm grateful to have been part of it."

He went on to add that he felt challenged to leave USARPAC better than it was when he arrived, and that he worked toward that end.

"I can only hope that I've done that for you here in the time we've spent together," O'Neil said.

O'Neil finished up by stating that he felt this tour of duty was a most rewarding and challenging part of his career. He is excited and grateful to have the opportunity to continue to serve as he and his family transition to Alaska.

"We sure will miss this steady 70-to-90-degree beach weather, but as they say in Alaska, the mountains are calling and we must go," O'Neil said. "I'm humbled and honored for the opportunity to command, and am looking forward to taking things to the next level in Alaska."

# Installations commemorate 100 years of operation

**DAVID VERGUN**  
Army News Service

WASHINGTON — Many installations across the Army this year are marking the centennial of the construction of their posts, which occurred in the weeks and months following the U.S. declaration of war on Germany, April 6, 1917.

Prior to World War I, the Regular Army numbered just 133,000 Soldiers. At the time, an additional 400,000 served in the Army National Guard.

By the end of World War I, the combined total of active and Guard had grown to over four million, said Eric Setzekorn, a historian at the Center of Military History.

"Never before or since has the Army experienced a comparable period of massive expansion, coupled with unprecedented organizational transformation, in such a brief period as during 1917 to 1918," he said.

To house and train all of the new Soldiers, hastily constructed or expanded camps sprouted up across the country, 16 of which were Guard installations, he said. Swamps were drained, forests were cleared to build parade fields and roads, and the wood was used to erect barracks and chow halls. Small cities of 30,000 to 40,000 Soldiers seemed to materialize overnight.

Many of the installations took on names of Civil War generals such as Camp Meade, Camp Gordon, Camp Lee and Camp Jackson, he said. Fort Belvoir was originally called Camp Humphreys, also a Civil War general. The name changed after the war.

The Civil War wasn't the only source of names for new camps. Camp Travis, for instance, was named for a hero of the Battle of the Alamo. It later became Fort Sam Houston and is now Joint Base San Antonio. And Camp Dix was named for a veteran of the War of 1812 and the Civil War. After the war,



Photo courtesy of the National Archives

**Soldiers train at newly constructed Camp Gordon, Georgia, during World War I.**

it was renamed Fort Dix and today is part of Joint Base McGuire-Dix-Lakehurst.

Camp Funston, named for Spanish-American War leader Maj. Gen. Frederick Funston, eventually became Fort Riley. Camp Lewis, in Washington State, was named for early American explorer Meriwether Lewis. That installation became Fort Lewis, and is now known as Joint Base Lewis-McChord.

A few camps, like Camp Cody near Deming, New Mexico, and Camp Wadsworth, near Spartanburg, South Carolina, were inactivated following the end of the war.

## Community effort

Community involvement in setting up the camps was essential, Setzekorn said. Not only did people from the surrounding communities help build the new camps and then work there, they were also instrumental in getting the camps there in the first place.

Take Fort Jackson, South Carolina. When

word came down that a location was needed to house and train Soldiers, the people in the nearby city of Columbia saw the new Army post as being potentially good for business, public relations and patriotism, Setzekorn said.

"So they acquired the land, cleared the trees, drained the swamps and basically started building from scratch."

Other camps across America had similar stories of communities eager to pitch in and do their part for the war effort, he said.

## In the Army now

Many of the arriving recruits had never ventured far from home, Setzekorn said. The vast majority had also never experienced military life. Army chow replaced their mom's cooking. Recruits learned close-order drill, marksmanship and how to use their

See 100 A-7

- Contributing Commands  
**U.S. Army-Pacific**  
Russell Dodson, 438-2662  
**25th Infantry Division, & 25th Sustainment Brigade, & 25th Division Artillery**  
MAJ John E. Landry  
655-6350  
**2nd Brigade Combat Team**  
MAJ Karen Roxberry  
655-0738  
**3rd Brigade Combat Team**  
CPT Ramee L. Opperude  
655-9526  
**25th Combat Aviation Brigade**  
CPT Steven J. Guevara  
656-6663  
**8th Theater Sustainment Command**  
MAJ Lindsey Elder  
438-0944  
**311th Signal Command (Theater)**  
CPT Liana Kim, 787-4095  
**94th Army Air & Missile Defense Command**  
SFC Claudio Tejeda Valerio  
448-1556  
**9th Mission Support Command**  
CPT Liana Kim  
438-1600 ext. 3114  
**18th Medical Command (Deployment Support)**  
SFC John D. Brown, 437-4737  
**Tripler Army Medical Center**  
James Guzior, 433-2809  
**U.S. Army Corps of Engineers-Honolulu District**  
Dino Buchanan, 835-4003  
**500th Military Intelligence Brigade**  
SGT Shameeka R. Stanley  
787-6824  
**599th Transportation Brigade**  
Donna Klapakis, 656-6420  
**USAG-Pohakuloa**  
Eric Hamilton, 808-969-2402

# Voices of Ohana

Because it's summer time, we wondered,  
**What is your favorite summer activity?**  
By 94th Army Air and Missile Defense Command Public Affairs



"I really enjoy going to the beach."

**Capt. Donnie Copeland**  
Network engineer  
94th AAMDC



"My favorite summer activity is spending time with my kids."

**Sfc. Sam Horn**  
HR NCOIC  
94th AAMDC



"Going to the beach and spending time with my family."

**Pvt. Julie Mathis**  
HR specialist  
94th AAMDC



"My favorite summer activity is paddle boarding."

**Capt. Sandra Ramsey**  
Secretary of general staff  
94th AAMDC



"My favorite summer activity is surfing."

**Sgt. Maj. Randy Smith**  
Communication support senior enlisted adviser  
94th AAMDC



# Soldiers, Airmen conduct joint air assault ops

Story and photo by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

MARINE CORPS TRAINING AREA BELLOWS — Soldiers and Airmen committed an air assault, here, with the assistance of the latest aerial gunship support on June 6.

The lightning raid consisted of infantrymen assigned to Company A, 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division; AH-64 Apaches from 2nd Squadron, 6th Cavalry Regt., 25th Combat Aviation Bde., 25th ID; Tactical Air Control Party (TACP) Airmen assigned with 25th Air Support Operations Squadron (ASOS); and the new AC-130J Spectre from the 18th Flight Test Squadron.

“The training objectives are primarily for the AC-130J and the Apache helicopters,” said 1st Lt Marvin Woods, a platoon leader assigned to Co. A, 2-35th Inf. Regt. “The ground force is facilitating the scenario in which Air Force Joint Terminal Attack Controllers (JTAC) can utilize aerial assets.

“The purpose of the training is to validate the AC-130J and Apache abilities to support platoon objectives in an urban environment,” Woods continued. “Working with interservice personnel was a valuable experience. Relationships built during this training will enable future joint operations in training and abroad.”

He further added, the training area allowed enough space for aerial assets to work concurrently and provide robust military operations on urban terrain (MOUT) sites.

According to Air Force Staff Sgt. Adam Davis, assigned to the TACP Airmen, 25th ASOS (based out of Wheeler Army Air-



**Capt. Jeffrey D. Hubler, commander, Co. A, 2nd Bn., 35th Inf. Regt., 3rd BCT, 25th ID, speaks with TACP Airmen assigned with 25th ASOS during the joint air assault at Marine Corps Training Area Bellows, June 6. The Soldiers and Airmen were part of a simulated mission to capture a high value target.**

field), the 18th Flight Test Squadron used the joint training opportunity to field test the Spectre gunship platform.

“The 18th Flight Test Squadron already did their first test phase in Hurlburt Field, Florida, and now they’re out here to validate the platform before it begins operations downrange,” Davis said.

He explained the 25th ASOS integrates with its Army partners, welding the Army ground forces to airpower.

“The greatest challenge so far has been all the coordination between six or seven agencies, three services ... to get everybody on the same page and pushing the right direction,” he said. “But it’s been a

really good challenge. Everybody has responded and really worked together as a team making this an excellent training.”

Sgt. Giovanni Barreto, a native of Los Angeles, and an infantryman assigned to Co. A, 2-35th Inf. Regt., led Soldiers out the back of a CH-47 Chinook helicopter from the 3rd Bn., 25th Avn. Regt., 25th CAB, 25th ID.

“A lot of these guys are brand new Soldiers that we got from basic training, and they executed missions in which top tier level Soldiers have performed in the past,” Barreto said. “They executed almost flawlessly.

“It was good seeing the Apaches

and AC-130J,” he added. “It showed we worked together cohesively. Seeing them up there, we knew they were giving us protection on the ground, and helped us push to the objective that much faster.”

Spc. Allan Acosta, a native of Kerman, California, and an infantryman assigned to Co. A, 2-35th Inf. Regt., described the training as an awesome experience, and everything flowed smoothly.

“It was like a perfect scenario kind of deal,” Acosta said. “It was easy to get to, and then it was awesome because of our platoon. We’ve been working together for a while. We didn’t skip a beat and there was no hesitation.”



Photo by Sgt. Joshua Andrews, 1st Battalion, 27th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division

**Wolfhounds begin their assault on the Combined Arms Collective Training Facility. This force-on-force combat exercise was the culminating event of 1-27th Inf. Bn.’s Platoon Leader and Team Leader Course, during which team leaders acted as OPFOR against an entrenched force of platoon leaders, June 2.**

## Wolfhounds prepare leaders for combat in jungle location

**2ND LT. JONATHAN HANSING**

1st Battalion, 27th Infantry  
2nd Brigade Combat Team  
25th Infantry Division

KAHUKU TRAINING AREA — A common refrain in the Army states, “Never order a Soldier to do something you cannot do yourself.”

This is the ideology that brought Wolfhound leaders to the depths of Kahuku Training Area, struggling to haul ammo crates, .50 caliber M2A1 machine guns and vehicles across rugged and unforgiving terrain as part of 1st Battalion, 27th Infantry’s Platoon and Team Leader Course.

The course started with tough combat-focused physical training executed by both platoon and team leaders. In full combat kit, the leaders conducted low crawls, casualty carries, ammo can shuttles, agility drills and the despised “burpee.”

“This leader training was physically and mentally challenging in order to build the best noncommissioned officers and officers in this organization,” said Command Sgt. Maj. Victor Benavides of 1st Bn., 27th Inf. Regiment, 2nd Brigade Combat Team, 25th Infantry Division.

The platoon and team leaders separated for specific instructional periods with the lieutenants transitioning into equipment layouts, pre-combat inspections and skills classes before they conducted an air assault movement to the Kahuku Training Area. They executed night land navigation to establish their patrol bases and prepare for follow-on operations.

The next morning began the “Star Course,” a series of lanes with various training events and obstacles spread out over approximately 4 square kilometers. Trainers at each point led the platoon leaders through casualty operations and medical evacuation procedures, reconnaissance, offensive operations, direct and indirect fire support, engagement area development, vehicle maintenance and leader professional development.

“Tactical knowledge and teamwork are critical for young officers because they help us understand our strengths and weaknesses, which was instrumental to success in the course,” said 2nd Lt. Jose Pena of Hellbound Company, 1st Bn., 27th Inf. Regt.

Meanwhile, team leaders conducted separate training focused on deliberate defense and patrolling. Their instruction consisted of

tactical communication, indirect fire support, troop leading procedures and operational threats in the Pacific. They were expected to establish and maintain patrol bases that could effectively resist probing attacks from opposing force, or OPFOR elements, all while rotating leadership positions and taking mock casualties.

“As a team leader, you always know that you need to hold high standards for yourself and your men, but the Team Leader Course really drove home that these things are what truly make you lethal in combat,” explained Spc. Jayson McDonald of 1st Platoon, Borzoi Co., 1st Bn., 27th Inf. Regt.

The week culminated with a force-on-force combat exercise employing “simmunitions,” a non-lethal ammunition that adds the realism of live fire to the training. This mock battle challenged the tactical knowledge and physical ability of the Wolfhound leaders.

2nd Lt. Caleb Fluker was selected to lead the lieutenants through the final day with the following mission: Defend the building complex at the Combined Arms Collective Training Facility from an overwhelming enemy force. The platoon leaders received 14 hours to prepare their defense, which they used creating obstacles and establishing fighting positions.

At 1023 hours the next morning, 1st Lieutenants Nick Ireland and Tony Presnell led the team leaders in a multi-platoon assault on the entrenched officers. Receiving small arms fire from the south and west, the platoon leaders soon found themselves surrounded. They fought hard and took many casualties, eventually retreating to the bunker at the center of the training facility.

At 1102, the last lieutenant fell to enemy fire, and the team leaders declared victory over their fellow Wolfhounds.

The week ended with a well-deserved grill-out back at the company kennels. The battalion welcomed its returning leaders with hot dogs, hamburgers and some rifle cleaning.

“This course was designed to train and evaluate leaders in decisive action skills associated with a jungle environment,” said Lt. Col. Valent Bernat, commander, 1st Bn., 27th Inf. Regt. “But more importantly, it was an opportunity to build trust and cohesion across all our Wolfhound leaders that will pay dividends no matter where we are called to serve.”

## 500th MI handles MEDEVAC training on Black Hawks

Story and photo by  
**SGT. SHAMEEKA R. STANLEY**

500th Military Intelligence Brigade  
Public Affairs

SCHOFIELD BARRACKS — Soldiers from Headquarters and Headquarters Detachment, 500th Military Intelligence Brigade, conducted a medical evacuation (MEDEVAC) training mission, here, at Area X-Ray, June 8.

The MEDVAC training mission was taught using a Black Hawk HH-60M helicopter in conjunction with a refresher combat lifesaver course. The Soldiers were given a scenario to execute while simulating contact by enemy fire.

“Every time we do our combat lifesaver course training, we typically do it in the same location, so we wanted to do something different,” said Spc. Eric S. Yarbro, intelligence analyst, HHD, 500th MI Bde. “I suggested that we include the MEDEVAC after we conducted an after-action review,” he said.

The Soldiers were broken down into four groups of five. Each person evaluated an improvised casualty, using a mannequin, by checking for blood and treating any open wounds with a field dressing or applying a tourniquet for broken limbs to control bleeding and prevent shock.

“I love this type because it’s

more realistic,” said Yarbro. “I knew it would be a lot of work with putting this training together, but I was able to receive a lot of help doing it.”

After treating the casualty wound, the Soldiers then loaded the casualty onto the litter or stretcher. One Soldier would call in a 9-line MEDEVAC request using a radio. Once the aircraft arrived, the casualty was lifted onto the aircraft.

“It feels good knowing that another specialist, like myself, helped put this training together that included a Black Hawk,” said Spc. Ralf Pizzaro, an information technology specialist, HHD, 500th MI Bde. “It inspires me to want to do great things in the Army, regardless of my rank,” he said.

In a combat environment, Soldiers may find themselves in some areas where it may be difficult or unsafe for an aircraft to land, such as near low hanging wires, terrain or weather. Therefore, the aircraft is equipped with a jungle penetrator. It is used to hoist a patient from confined places and into the aircraft.

“This is the closest thing to a real-world experience,” said Pizzaro. “Everything that could happen on the battlefield, we were able to do,” he said. “Train while you fight!”



**Sgt. Terry L. Bearden, signals intelligence analyst, HHD, 500th MI Bde., assists Pvt. Kharyana J. Khan, a signals intelligence analyst, also of HHD, 500th MI Bde., using a simulated casualty to apply a tourniquet during a MEDEVAC mission training exercise at Area X-Ray on Schofield Barracks, June 8. A tourniquet is used for a first line of care for heavy bleeding.**



# Installation chief asks for new BRAC round

C. TODD LOPEZ

DOD News, Defense Media Activity

WASHINGTON — There’s a lot of excess infrastructure in the Army – about 161 million square feet of it. And paying to maintain that is costing the Army a lot of money.

These vital resources could instead be used to reduce maintenance backlogs on about 33,000 facilities across the force that are now deemed in “poor or failing condition.”

Lt. Gen. Gwen Bingham, the Army’s assistant chief of staff for Installation Management, told lawmakers during a June 6 hearing on Capitol Hill that the Army has a deferred maintenance backlog on infrastructure of about \$10.8 billion. That accounts for about 22 percent of the Army’s buildings and means more than one in five buildings are in poor condition.

“The condition of these mission facilities – airfields, training areas, maintenance facilities, roads, ports, dams, bridges, housing and barracks – directly impacts the readiness of our units and the morale of our Soldiers, civilians and families,” Bingham said.

Bingham testified before the Senate Appropriations Committee – the Subcommittee on Military Construction, Veterans Affairs and related agencies.

Another round of base realignment and closure, or BRAC, she said, would mean that excess facilities around the Army could be closed and would no longer need to be maintained. They could be demolished. Additionally, dollars saved from no longer having to maintain those facilities could also be applied toward repairing facilities that the Army continues to need and toward other readiness priorities of the Army.

“The Army has infrastructure capacity in excess of any foreseeable future force structure, not always located where it is needed, but consuming precious dollars that could be better invested elsewhere,” Bingham said. “BRAC preserves irreplaceable training land and airspace, while eliminating unneeded assets and excess buildings to efficiently facilitate future growth.”

The fiscal year 2018 budget request for the Army, re-



Photo by Clint Stone

**U.S. Army Garrison Humphreys, in South Korea, is one of the largest construction projects in the U.S. Army. Another round of base realignment and closure could free up funds to help the Army complete projects such as the one at Camp Humphreys, but also repair the 33,000 facilities in disrepair, and also aim money at readiness efforts.**

leased May 23, includes about \$1.79 billion for facilities. That’s allocation for \$1.2 billion for military construction, \$529 million for family housing and \$58 million to continue execution of the last BRAC round, which happened in 2005.

Bingham said she’s grateful for the budget request and hopes Congress will approve it, but that the request is still lower than what is needed. Because the Army continues to prioritize readiness over everything else, she said, it is taking risks in facilities maintenance. Still, she said, the budget request for military construction this year is 40 percent more than what it was in 2015.

“This increase demonstrates the Army’s intention to reverse past underfunding, admittedly over an extended timeframe,” Bingham said. “When you combine the sustainment funding, the restoration and modernization, coupled with the (military construction), this FY18 budget request, if approved, will be able to arrest the accelerated trend in facility degradation.”

Bingham also explained to lawmakers the Army’s “three-pronged” effort to reset its backlog of facilities.

*(Read the rest of this article at [www.hawaiiarmyweekly.com/2017/06/15/installation-chief-asks-for-new-brac-round/](http://www.hawaiiarmyweekly.com/2017/06/15/installation-chief-asks-for-new-brac-round/).)*

## DoD launches Blended Retirement System comparison calculator

LISA FERDINANDO

DOD News, Defense Media Activity

WASHINGTON — The Defense Department has launched a comparison calculator for eligible service members to analyze their estimated retirement benefits under the legacy system and the new Blended Retirement System.

The tool walks members through five screens, allowing users to adjust 12 data fields and compare benefit scenarios under both systems, Air Force Maj. Michael Odle, the Defense Department’s assistant director of Military Compensation policy, explained.

The calculator is aimed at helping eligible members make the best decision about whether to remain in the current retirement plan, known as the High-3 System, or opt into the Blended Retirement System, which goes into effect Jan. 1, 2018, he said.

Eligible service members have until Dec. 31, 2018, to enroll in the new system. Military members who enter service on or after Jan. 1, 2018, will automatically be enrolled in the BRS.

The tool is meant to provide flexibility, so members can compare estimated benefits under a variety of situations, said Steve Galing, the lead analyst in the Defense Military Personnel Policy Analytical Directorate.

Members are advised to consult with a financial professional, he said.

“This is a personal decision,” he added. “There are a lot of various resources available to our members, but ultimately it is up to the member.”



DOD graphic

**The Defense Department has launched its official Blended Retirement Comparison calculator for eligible service members to analyze their estimated retirement benefits under the legacy system and the new Blended Retirement System.**

take into account the unique financial situations of all who serve – active duty, National Guard members and reservists, Odle said, and it’s designed to be used in conjunction with the mandatory BRS opt-in course.

This comparison calculator is the only comparison tool endorsed by DOD, he added.

The opt-in BRS course is available with a common

access card through Joint Knowledge Online or through a service’s learning management system.

Military OneSource offers the course without a CAC. Military OneSource hosted a Blended Retirement System question-and-answer session, June 8, on its Facebook page.

An optional training course for the calculator will be available in the next weeks, Odle said.

### Exploring options under calculator

An information box will pop up when users hover over underlined text in the calculator, providing further information on that topic, Odle explained. Further information is available through the links in the “More Info” section under each page of the calculator.

After a user inputs all the information, the calculator will generate a results page. Service members are encouraged to go through the process several times to see how their projected benefits change under various situations, Odle said.

The comparison calculator does not take into account optional Thrift Savings Plan service member contributions under the legacy plan, and it does not account for optional monthly automatic Treasury Direct Government Savings Bonds purchased under the legacy retirement plan, he explained.

All currently serving members are grandfathered under their legacy retirement plans. Active component service members with fewer than 12 years of service as of Dec. 31, 2017, and reservists in a pay status with fewer than 4,320 retirement points as of Dec. 31, 2017, are covered under the existing system, but are eligible to opt into the Blended Retirement System.



### 21 / Wednesday

#### Virtual Career Fair —

The National Restaurant Association Educational Foundation and the Veterans of Foreign Wars of the U.S. are hosting “Hospitality Career Connection,” a virtual career fair taking place next Wednesday, June 21, from 5-9 a.m., Hawaii time. The fair’s goal is to help attendees explore career opportunities and apply for openings at some of the restaurant and hospitality industry’s top companies. Job seekers can register and attend the

event for free. Visit <http://www.nraefcareerfair.org>.

### 27 / Tuesday

#### 599th Trans. CoC —

Col. James Smith will relinquish command to Col. Michael Knapp and Command Sgt. Maj. William Funcheon will turn over responsibility to Command Sgt. Maj. Rufus Lewis during a combined 599th Transportation Brigade change of command and responsibility ceremony on the fantail deck of the Battleship Missouri Memorial at 10 a.m. on June 27.

### Ongoing

#### Moving Season —

Military and family members are reminded to pre-plan their permanent change of station, or PCS shipments. Hawaii is a geographically isolated area, so during the peak moving season,

mover capacity is filled up to 30 days out.

Pack-out dates that the island can currently accommodate will continually slip right as the days proceed.

Personnel are strongly urged to consolidate unaccompanied baggage, to include retained issue organizational clothing and individual equipment, into their household goods.

For more details, call Installation Transportation at 656-4963.

#### Green to Gold —

The U.S. Army Cadet Command (ROTC) has changed the application dates for the upcoming Green 2 Gold Selection Board. Soldiers who are applying for scholarship or active duty options for the fall of 2018 must submit applications per the following suspense:

- Now: The application window has been open since June 12. Soldiers can create a new application at [www.goarmy.com/rotc/enlisted-soldiers](http://www.goarmy.com/rotc/enlisted-soldiers).

- Nov. 26: Deadline for Green 2 Gold Packets. All applications and required documentation must be uploaded to the application dashboard.

- Dec. 11-15: Green 2 Gold Selection Board is held.

If you have questions, contact the following personnel:

- William Roach, recruiting operations officer, University of Hawaii-Manoa Army ROTC, at (808) 956-7766.

- David Sullivan, enrollment eligibility officer, University of Hawaii-Manoa Army ROTC, at

(808) 956-7744.

#### Retirement Video —

The Office of Personnel Management, or OPM, has a new video to help educate employees about their annuity benefits under the two most common federal retirement systems: the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS).

The video will help CSRS and FERS employees understand the following:

- Which is my retirement system?
- How much of my salary is contributed to my retirement system?
- When can I retire?
- What service is creditable toward my retirement eligibility and annuity benefit?

- How can I estimate my monthly annuity benefit?

- What reductions could apply to my annuity benefit?

- How can I prepare for retirement?

The 51-minute video is available at [www.opm.gov/RetirementOverview](http://www.opm.gov/RetirementOverview).

**Text Aloha** — Are you feeling lonely? Angry? Just need to talk to someone?

- Call 1-800-273-TALK or 1-800-273-8255, or
  - Text “Aloha” to 741741,
  - Visit [crisistextline.org](http://crisistextline.org).
- Someone is always available to help you!

**New Hours** — The Fort Shafter Personal Property office has reduced services to Wednesdays only from 7:30 to 11 a.m., only. Call 655-1868.



# Uniform changes impact ID badges, slacks, skirts

STACY A. OUELLETTE  
Army News Service

WASHINGTON, D.C. — Soldiers’ feedback on the department’s uniform policy have been heard at the highest level and results have been produced: two new updates to the Army uniform regulation. Soldiers with multiple identification badges will be able to wear two badges, one on each side of their Army Combat Uniform, or ACU. Female Soldiers are also now allowed the option of wearing skirts or slacks as part of their dress uniform for social functions.

### ID badges

“For a long time, Soldiers were only allowed to wear one badge on the Army Combat Uniform,” said Sgt. Maj. Anthony Moore of the Army’s G-1 Uniform Policy Branch. “Soldiers are now authorized to move identification badges to the opposite side of the ACU coat in order to wear two badges normally prescribed for the same side of the ACU.” In the past, badges were authorized for either the right or left side. If Soldiers were awarded two right-side or two left-side badges, they had to choose one to place on the authorized side of their ACU uniform. “For a lot of Soldiers, it was a source of frustration because they were proud of the achievements that they had accomplished and wanted to display both badges, but the regulation prohibited them from doing so,” Moore said. “We




Photo by U.S. Army

**New Army regulations allow Soldiers to wear two identification badges on the same uniform – one on each pocket.**


already allowed two badges on the Army Service Uniform, so it made sense to do it for the ACU as well.” Specific ID badges include these: the Guard-Tomb of the Unknown Soldier Badge, the Military Horseman Badge, the Drill Sergeant Badge, the U.S. Army/USAR Recruiter Badge, the Career Counselor Badge, the Army National Guard Recruiter Badge, and the Instructor Badge. Soldiers are authorized only one Recruiting Badge on their uniform at a

time. For example, if a Soldier is awarded the Tomb of the Unknown Soldier Badge and the Career Counselor Badge, they may wear both by moving the Career Counselor Badge to the left side. Placement of badges is in the order of precedence, and the lower one is moved to the opposite side of the uniform. **Dress slacks for women** The second major change is specific to female Soldiers. During the Senior

Enlisted Council in March, members voted to allow women to wear either the skirt or slacks with the Army blue dress uniform at social functions. According to Moore, there was a concern among some female Soldiers as to why they were only allowed to wear the skirts with the blue dress version of the uniform. “As a female, we are required to have both, and being able to make the decision to wear either for that event is a great opportunity,” said Maj. Mollie Kedney, 10th Mountain Division. “Especially in places where weather comes into play, like here at Fort Drum, keeping my legs warm is something I might enjoy when it comes to going to these events. It’s a good change and I think it will be well received by the female community,” she said. Exceptions to Department of the Army Pamphlet 670-1, Guide to the Wear and Appearance of Army Uniforms and Insignia, were recently issued via memorandums and will serve as guidance for the two uniform changes until the revised DA Pam 670-1 is published, Moore said. “These decisions help morale and also show that senior leaders are listening to their concerns,” Moore said. Soldiers cannot always receive everything they want, he added, “but when there is an opportunity that doesn’t impact readiness, senior leadership is willing to do that for Soldiers.”



**Traffic & Outages**



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

*(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)*

### 21 / Wednesday

**Bonnie Loop** — A partial lane and road closure will occur at Fort Shafter’s Bonnie Loop between Wisser and Casey Street in order to rehabilitate and repave the road from June 21-July 7, Mondays-Saturdays, from 4 p.m.-4 a.m. and from 7:30 a.m.-4 p.m. . Parking stalls between Wisser and Pierce will also be closed during construction. Please be sure cars are cleared by 4 p.m.

**McCornack Road** — There will be a partial road closure and parking along McCornack Road near Bldgs. 660, 678 and 676, for utility installation. Parking and street traffic will be restricted from June 21-Sept. 5, from 7 a.m.-3:30 p.m. The work will be performed in three phases.

### 24 / Saturday

**Crosswalk Removal** — Crews will remove a crosswalk, yield bar and two “Yield to Pedestrian” signs and posts on Schofield’s Lyman Road adjacent to Bldg. 3004 on June 24.

# New certificate to mark start of lifelong bond

SEAN KIMMONS  
Army News Service

FORT GEORGE G. MEADE, Maryland — Signifying the start of a Soldier’s journey into the Profession of Arms, the Army has begun presenting a certificate to all enlisted and officer trainees graduating from initial entry training courses. An initiative by the Army’s Soldier for Life working group, the Soldier’s Certificate emphasizes a trainee officially earning the right to be called a Soldier. “Our service is not for everyone. We don’t have a 100 percent pass rate,” said Lt. Col. Christopher B. Garrett, the G-7 chief of the Initial Entry Training Division, U.S. Army Center for Initial Military Training. At the conclusion of military training courses, a certificate is typically given to a Soldier to codify what he or she has accomplished in it. This new certificate will do the same, Garrett said. “It’s another document you can be proud of and shows that you have done what it takes to be part of the Army,” he said. More than 750 basic combat training, or BCT, graduates at Fort Jackson, South Carolina, were among the first to receive the certificates June 8 in honor of the installation’s centennial anniversary. Signed by the Army chief of staff and sergeant major of the Army, the certificate will be given to BCT graduates as well as those who complete one-station unit training, or OSUT. New officers will receive a certificate as well. While trainees earn the Army Service Ribbon and don the beret upon completing initial entry training, the certificate strengthens the Soldier for Life effort.

“The Soldier’s Certificate may seem redundant, but again, this is about reinforcing a culture change,” said Sgt. Maj. of the Army Daniel Dailey. “The ribbon and headgear certainly symbolize Soldiers’ accomplishments for completing the different phases of their initial training, but the certificate and the accompanying ceremony are more focused on welcoming the new recruits into a community of Soldiers for which they are lifetime members.” Roughly 130,000 enlisted and officer trainees are expected to graduate and receive the certificates in fiscal year 2018, according to Army officials. “It’s not a locally generated certificate,” said Maj. George Coleman, education director for the Army’s G-1 office. “It’s from the senior officer and NCO of the Army welcoming you to the Profession of Arms.” Coleman, whose office joined the Center for Initial Military Training to roll out the certificate, said the document helps mark the beginning of a Soldier’s lifelong bond with the Army. It’s also part of the Army’s promise to take care of Soldiers and their families transitioning to the civilian world, so they can spread a good image of the military branch. “It’s not just ‘thank you for your service’ and ... you move on,” Coleman said. “It’s you are still a Soldier, still serving in your community as an (Army) ambassador out there.” Flanked by a wreath and flags, a bald eagle is seen with its wings spread above the words “United States Army” at the top of the certificate. Below that, the certificate affirms the Soldier has completed the necessary requirements to



Photo by Nicholas Salcido

**Spc. Ilyssa Nelson, Bravo Company, 3rd Battalion, 34th Infantry Regiment, an honor graduate, receives one of the new Soldiers’ Certificates given to Soldiers for graduating Initial Entry Training – whether they are officers or enlisted Soldiers – from Army Chief of Staff Gen. Mark Milley.**

be inducted as a member of the Army profession while also entrusting him or her to uphold the Army values as a lifelong Soldier. “This certificate is really the first phase of that,” Coleman said of the Soldier for Life program. Throughout a Soldier’s career, the Army has and continues to offer more opportunities to train and earn credentials in various programs, helping Soldiers qualify for skilled jobs in the civilian sector. “They are easily transferrable skills that our Soldiers learned and demonstrated excellence in while in the military service,” Coleman said. “They allow us to show our civilian counterparts that we really are professionals in our specific tasks and areas.” The Soldier for Life program has also improved transition services for Soldiers by regularly interacting with companies looking to hire Army veterans, he added. Unemployment compensation payout from the Army is at its lowest levels in 13 years, according to Dailey, who attributes that to the program’s partners who create job opportunities with internships and credentialing initiatives. “We want Soldiers to know coming in that they made the right decision to serve,” said the Army’s senior enlisted adviser, “and that because of the opportunities for training and education, they’ll be well prepared long after their service ends.” That sort of preparedness will then pay dividends for Army recruiting in the years to come. “We owe it to them to be successful so that when they are out in the community they are a spokesperson for us,” Coleman said. “They can tell a positive story about their military service, (and) we can continue to recruit that next generation of the all-volunteer force.”



# Supervisor awarded for supporting Guard

**KAREN A. IWAMOTO**  
Staff Writer

WHEELER ARMY AIRFIELD — The nation’s National Guard members must balance two worlds. They need to be ready to defend their country, which requires training and deployments away from home, while also holding down civilian jobs to support themselves and their families.

They wouldn’t be able to do this without the understanding and encouragement of their employers.

“Since the Vietnam War, we have had a volunteer force rather than a draft,” said Bridget Komine, training director for the Hawaii chapter of the Employer Support of the Guard and Reserve (ESGR) program. “(When) civilian employees step up to be part of the nation’s defense in the National Guard and Reserve components, they are leaving behind their civilian jobs and their families. They can’t perform effectively if they don’t have a good support foundation from both.”

On May 31, Komine, on behalf of the ESGR, presented Lawrence K. Baptista, the chief information officer for U.S. Army Garrison-Hawaii, with the ESGR Patriot Award for the support he provided to Staff Sgt. Daniel Chang of the Hawaii Air National Guard.

Chang, who provides information technology, or IT, support to USAG-HI, said he nominated Baptista because he “openly supports me when (I’m) tasked for active duty and deployments. (He) also coordinated to have a replacement hired while (I was) serving for extended



Photo by Kristen Wong, Oahu Publications

periods of time. He provides the greatest support and guidance even though I work outside of his main office, providing out-island support to the Big Island.”

Komine said National Guard members like Chang shouldn’t have to worry about their jobs while they are supporting the constitution of the United States and defending the freedom of its citizens.

Baptista accepted the award humbly. He said he was honored to have received it and for being recognized as an outstanding supervisor, but added that

he views what he did for Chang as just part of his job.

“I’m just doing what I’m supposed to do, what any employer or supervisor should do,” he said.

The ESGR was established by the Department of Defense in 1972 to promote cooperation and understanding between reserve component service members and their civilian employers to assist in resolving conflicts from the employees’ military commitment.

It has more than 4,700 volunteers

and support staff in all 50 states, Guam, Puerto Rico, the U.S. Virgin Islands and the District of Columbia, who work to inform Reserve service members and their civilian employees about their rights and responsibilities under the Uniformed Services Employment and Reemployment Rights Act (USERRA).

They provide trained ombudsmen to inform and mediate any issues or conflicts concerning the USERRA, and they recognize supportive supervisors and employers.

## 100: Garrisons celebrate years

CONTINUED FROM A-2

bayonets. And every Soldier was issued brown doughboy uniforms.

It was a culture shock for some, he said. And for the many recruits who had recently immigrated to the U.S. and hadn’t yet learned English, it was a double challenge for them.

Once their training was complete, they were ready to ship out to France.

Soldiers boarded troop trains for the journey to the East Coast where they would await transport across the Atlantic. The largest embarkation facility was Camp Merritt near Tenafl, New Jersey, about 10 miles from New York City. The location had good access to rail, he said, noting that the Interstate Highway System was decades away from being built and rail was the preferred mode of travel.

In the two-year period from the summer of 1917 through 1919, roughly 1.6 million Soldiers passed through the ports that surrounded New York City. More than one million of those Soldiers passed through Camp Merritt. That installation was later closed, never to reopen, Setzekorn said.

Newport News, Virginia, functioned as the secondary embarkation port for Soldiers. Nearly 300,000 were processed over the course of the war from that location. Another 140,000 Soldiers departed from ports ranging from Baltimore to Québec, Canada.

For the tens of thousands of Soldiers who died in combat while in Europe, these embarkation ports would be the last American soil they’d ever see, he said.

**Demobilization**

After the war, which ended Nov. 11, 1918, the new camps became demobili-



Photo by David Vergun

**Rucksack marching and horse transportation were primary means of training and wartime mobility during World War I, not that different from the Civil War. This photo was taken at the Fort George G. Meade Museum. Fort Meade was known as Camp Meade during World War I.**

zation centers for the returning doughboys. And, at least one place, Camp Funston, Kansas, housed Soldiers who had contracted the deadly Spanish flu.

Setzekorn said the establishment of the camps, along with advancements in military tactics, technology and organizational structure, “laid the foundation for not only the American Expeditionary Force’s contribution to Germany’s eventual defeat, but also to the creation of the modern U.S. Army and the emergence of America as a world power.”

**Right — This Mark VIII Liberty Tank was produced just after World War I, but Soldiers in Europe during the war were involved in tank warfare with similar looking behemoths. The photo was taken at the Fort George G. Meade Museum. Fort Meade was known as Camp Meade during World War I.**

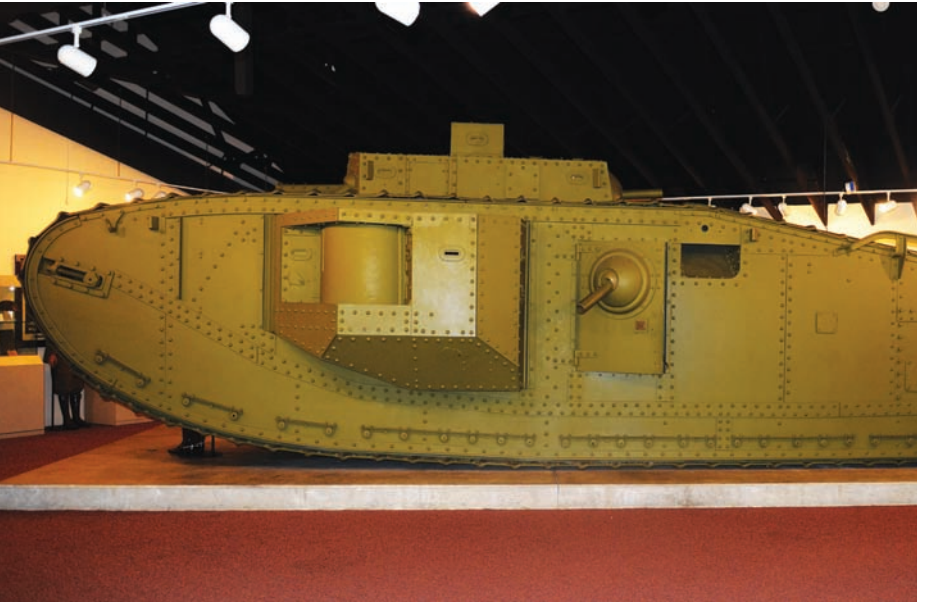


Photo by David Vergun



**The bakery at Camp Jackson, South Carolina, baked 7,200 loaves of bread a day for Soldiers training to go to war in Europe during World War I.**



# Online program helps survivors

**DEPARTMENT OF DEFENSE**  
News Release  
WASHINGTON — The Department of Defense has launched an online and mobile educational program to help individuals begin to recover, heal and build resiliency after a sexual assault.

The self-guided program, called “Building Hope & Resiliency: Addressing the Effects of Sexual Assault,” can be completed at the user’s pace and features information about coping mechanisms, practical relaxation exercises, definitions, links to resources and referrals for ongoing support.

Research shows that some service members, including cadets and midshipmen, have experienced sexual abuse and/or sexual assault prior to joining the military. According to the DOD Fiscal Year 2016 (FY16) Annual Report on Sexual Assault in the Military, approximately 10 percent (556 reports) of total service member victim reports involved incidents that occurred prior to military service.

In order to support these individuals, the DOD Sexual Assault Prevention and Response Office (SAPRO), via a contract with the Rape, Abuse and Incest National Network (RAINN), developed and deployed this anonymous, self-guided educational program on the Safe Helpline.

The program’s development was directed by the Secretary of Defense in 2015 in order to meet the needs of the DOD community, including cadets and midshipman, who may have been victims of sexual abuse and/or assault prior to entering military service.

Recognizing the impact that trauma can have on an individual, this program is part of a comprehensive effort to enhance individual and collective resilience and improve readiness across the department. Users can take a brief, optional self-assessment to gauge the effectiveness of their current coping strategies and whether they may benefit from additional support and resources.

“Knowing there is a significant link between childhood sexual victimization and adulthood sexual re-victimization and health problems, we wanted to help service members who experienced sexual assault prior to joining the military learn about topics like healthy relationships and coping strategies, and identify whether they would benefit from additional support and resources,” said Bette Inch, senior victim assistance adviser, SAPRO. “Being able to access this tool anonymously and from the privacy of your own room through the SHL is key for many service members.”

# Military culture gets translated

**JENNY HALE**  
U.S. Army Human Resources Command  
FORT KNOX, KENTUCKY — Military culture is drilled into Soldiers from the day they arrive at basic training.

The Army teaches its Soldiers how to become leaders, take charge and make vital decisions. These are all attributes that make Army veterans highly valuable to civilian companies.

However, the transition to civilian life is not easy for all, and there are many aspects of military culture that are not well-received in a corporate or civilian setting.

**Forms of address**  
In the military, it is not uncommon to identify someone as sir or ma’am, Mr. or Mrs., or by their rank. However, in the civilian sector, using formal titles like these can make co-workers uncomfortable. Most civilians address their co-workers by their first name.

Depending on the company culture and geographic location, military forms of address can be insulting. For example, in the north, it is common to hear young to middle-aged women say, “Don’t call me ma’am,” as this is seen as a title reserved for older women. So, be conscious of how your co-workers address each other and follow their lead.

**Language**  
In civilian workplaces, cursing is generally frowned on and can result in negative personnel action. While this language may be common in military life, swearing during a disagreement in the civilian sector is grounds for a call to human resources.

Swearing off-handedly can also be grounds for disciplinary discussions. Understand your environment, the personality of your co-workers and the culture of the organization before using certain language. It is always wise to keep your conversations professional.

Veterans have a unique language and their job experiences differ from civilians. Military speech is heavy with acronyms and references to sensitive or complex job descriptions, military occupational specialties and other jargon that civilian employees aren’t



Photo by Christine Cabalo, Oahu Publications

**Employment service specialists with the Hawaii Department of Labor and Industrial Relations offer free resume advice to attendees at the Hawaii Transition Summit, in a previous year. The next one at Schofield is Oct. 11-12.**

able to relate to.

It’s best, when speaking with co-workers and writing emails, to avoid using jargon such as “roger,” “v/r,” and “break.”

**Email**  
Email etiquette is also different in the civilian sector. The military writes in active voice, where email copy is very direct and to the point. While this is appreciated in business, it can also come off as being demanding, rude or bossy.

These attributes may not be well-received in the civilian market, depending on a job holder’s position, making it important to ensure that you choose your words carefully.

For new employees, it does not hurt to follow up emails with a phone call to better convey your intended tone to unfamiliar co-workers.

**Rank**  
In the civilian sector, a veteran’s rank doesn’t matter. Most civilians don’t understand the difference between an officer or enlisted Soldier, let alone the niceties of military ranks.

Take off your rank when joining the civilian sector and work on being humble, asking questions and understanding civilian culture. It is okay to be new at this, and years of career and job experience in the military sector may take time to fully translate into

the civilian world.

**Preparing for post-military life**

To learn more about preparing for future careers in the civilian sector, visit the Soldier for Life-Transition Assistance Program. The program assists transitioning Soldiers, family members, Army retirees and Department of the Army civilians with their transition career goals.

SFL-TAP centers are located around the world and teach resume building, information about veterans’ benefits and career skills, and offer higher education application services and entrepreneurship training, as well as provide access to hiring events, opportunities to network with civilian companies looking to hire transitioning Soldiers, and more.

**Transition Summit**

The next Soldier for Life Transition Summit for U.S. Army Hawaii is Oct. 11-12.

**Resources**

Visit [www.sfl-tap.army.mil](http://www.sfl-tap.army.mil) to learn more, or go online on Facebook at Soldier for Life-Transition Assistance Program, on LinkedIn at Soldier for Life-Transition Assistance Program Connection Group, and Twitter at @SFL-TAP.



Join Schofield Barracks for

# 4th of July

## *Spectacular*

## All-day celebration planned for community

Photos courtesy of Directorate of Family and Morale, Welfare and Recreation

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — The Fourth of July is just around the corner, and the Directorate of Family and Morale, Welfare and Recreation has a lineup of events that will last the whole day.

For the first time in several years, U.S. Army Garrison-Hawaii's Fourth of July Spectacular will be open to the public.

U.S. Army Hawaii officials want to extend their gratitude to the surrounding community for the support it has shown to Soldiers, family members and DOD civilians by ensuring that they too have access to the celebration, said Aubrey Kiemnec, chief of the Special Events branch of FMWR.

Non-DOD cardholders are instructed to enter through Foote Gate for installation access.

Entrance to the 46th annual Spectacular at Weyand Field is free and begins at 10 a.m. with food, carnival rides and games and entertainment from local bands and award-winning national acts. It wraps up at 9 p.m. after a half-hour fireworks show.

### Headline entertainment

Country music singer Tyler Farr takes to the main stage at 3:30 p.m. to perform some of his hits, which include, "A Guy Walks Into a Bar."

He will be followed at 5:05 p.m. by headliner and Billboard Award-winning singer-songwriter Natalie Imbruglia.

"Families can picnic and tailgate and enjoy a whole day of activities," said Kiemnec. "It's the only place on the installation where they can put up a canopy and barbecue all day. There will be games and rides for the children as well as a small craft bazaar, a bunch of giveaways, and this year we'll have the Army's Black Dagger Parachute Jumpers landing on the field."

"It's a lot of fun for the family, but there's also the patriotic aspect," she continued. "We'll be having our Follow the Flags event again with some of our artillery there. Each of the flags from the 50 states will be revealed with an artillery fire for each."

Picnic spaces on the field and tailgate spots at the Richardson Pool parking lot are already sold out.

### Tickets for rides and games

Presale tickets for rides and games are available at Outdoor Recreation, Leisure Travel Services and at Army bowling centers on Schofield Barracks and Fort Shafter until June 30. Twenty tickets are \$15 (a \$20 value).

### Events

- Live Entertainment by Natalie Imbruglia and Tyler Farr.
- Pony Rides and Petting Zoo.

- Games.
- Rides.
- Black Dagger Parachute Jump.
- Fireworks Display.
- Drink Tents.
- Food Vendors.
- Craft Fair.
- And more!

### Non-DOD Access/Parking

- Must enter through Foote Gate. Use the right lane.
- Park on Watts Field; you will be shuttled to the event.
- Backpacks/cooler/bags subject to search prior to entering the field.
- Prohibited are pets, glass containers,

distilled spirits, personal fireworks or sparklers, weapons of any type (hand guns, rifles, knives, bow and arrows, etc.) and open flame or charcoal cooking (except in reserved tailgating and picnic areas).

For more information, please visit [www.himwr.com](http://www.himwr.com).



The Fourth of July Spectacular will offer entertainment, rides, food and more.



An estimated crowd of more than 30,000 gather at Weyand Field for entertainment during the 2016 Fourth of July Spectacular.



NATALIE IMBRUGLIA  
5:05 p.m.



TYLER FARR  
3:30 p.m.



**FREE CONCERT**

**Tuesday, July 4th, 2017**

**10 a.m. - 9 p.m.**

Weyand Field, Schofield Barracks, Hawaii

**Drinks • Food • Live Music**

Come Enjoy the Fireworks Display!

**Starting 8:30 p.m.**



Black Dagger Parachute Jump  
3:15 p.m.

For More Information,  
visit us online:




[HIMWR.com](http://HIMWR.com)



Game Booths & Rides  
10 a.m. - 8 p.m.

**RIDES & GAMES PRE-SALE TICKETS**

Presale tickets will be available Jun 1-30. Buy 20 tickets for \$15 (\$5 savings). Tickets can be purchased at ODR, LTS and bowling centers (SB and FS locations).



**ARMY RECYCLE CENTER**  
101 ARMY GARRISON, HAWAII



## Briefs

### 16 / Friday

**Fourth of July Presale Tickets** — Get 20 tickets for \$15, June 1-30, at SB Outdoor Recreation Center, the Leisure Travel Service office or any Army Bowling Center. This is a \$20 value. Call 655-0113.

**Mini Football Registration** — Parent participation program is designed for youth born 2012-2013. Fee of \$25 includes a T-shirt and ball. Call 655-6465 or 836-1923.

**Nagorski Pro Shop Father’s Day Special** — FS Nagorski Pro Shop is celebrating Father’s Day with special pricing on select men’s golf gear. Enjoy 30 percent off men’s apparel, 20 percent off men’s hats and 20 percent off all men’s clubs to include special orders (custom fitting available). Call 438-9587.

**One Team Luau Celebration** — Family fun event held at SB Weyand Field starting at 5 p.m. Activities include free Polynesian cultural show and activities, local performers, pony rides, bouncers and keiki obstacle course. Food and adult beverages available for purchase. Call 655-0113.

### 17 / Saturday

**Boot Camp Training** — A Daddy Boot Camp class for first-time/expecting parents is held at SB ACS from 9 a.m.-12:30 p.m. Parents can ask questions and learn practical skills for taking care of the new baby. Call 655-4227.

**Intro to Surfing** — Join SB Outdoor Recreation for \$59 per person from 8:30 a.m.-12:30 p.m. for introduction to surfing. Transportation, equipment and instruction are provided.

All you need to bring is water, snacks and sunscreen. Must be a proficient swimmer and able to tread water for at least 6 minutes and swim 200 yards. Call 655-0143.

**Swimming Lessons** — Registration held at SB Richardson Pool, June 17-18, from 9 a.m.-5 p.m. Classes run weekdays, June 19-30 (no classes on Tuesday); class times range from 3-5 p.m. for \$60 for 30-minute lessons for Parent & Tot, Level 1 and Level 2; \$70 for 45-minute lesson for Level 3 and Level 4. Call 655-9698.

**Family Nite** — Held at SB Arts & Crafts Center from 4:30-6:30 p.m. for \$15. June art project is Father’s Day no-sew pillows. All supplies included. Call 655-4202.

## SPARTAN RACE

**SCHOFIELD BARRACKS** — The Spartan Race is scheduled for Jan. 27, 2018, here. The public can register, now, for free. When the total number of participants has been reached (2,500), the registration fee of \$99+ will be due. However, active duty service members, retirees, veterans, reservists, law enforcement, fire rescue and first responders may be eligible to register with a 25 percent discount. Visit [www.spartanrace.com](http://www.spartanrace.com) for information about the race, training and more.

### 18 / Sunday

**Father’s Day Sunday Brunch** — Held at FS Hale Ikena from 10 a.m.-1 p.m. for \$24.95. Menu includes a roasted prime rib carving station, made-to-order omelets, desserts and much more. Call 438-1974.

**Father’s Day BBQ Lunch Buffet** — Enjoy a Father’s Day menu at SB Nehelani from 10 a.m.-2 p.m. and enjoy cook-out favorites for \$29.95 adults, \$15.95 kids ages 6-11, \$10.95 for ages 3-5. Menu includes saucy baby back ribs, Pulehu barbecue chicken quarters, slow-cooked pulled pork, barbecue brisket and tropical pineapple coleslaw. Call 655-4466.

### 19 / Monday

**AFTB Instructor Trainers Course** — Three-day training held at SB Education Center (Bldg. 560) from 9 a.m.-1 p.m. Course prepares volunteers to maximize their personal growth, leadership development and resiliency. Call 655-4227.

**Employment Orientation** — New to the island and looking for employment? This class at the SB ACS from 10-11:30 a.m. will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

### 20 / Tuesday

**Hiring Fair** — Held at AMR Recreation Complex from 9 a.m.-3 p.m. for applicants interested in applying for child and youth programs only. Open vacancies and additional details can be found at [himwr.com](http://himwr.com). Call 656-3319.

**Toon Time Matinee** — Join SB ACS from 10 a.m.-noon for a free movie, fun and social interaction. Event is for caregivers and their children 0-3. Call

655-4227.

**Anger & Conflict Solutions** — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

**FRG Key Contact Training** — Designed to provide training in key contact duties, communicating with family members, dispelling rumors, handling crisis calls, etc. It also shows key contacts how they fit into a successful FRG. Runs 5-7 p.m. at SB ACS. Call 655-4227.

**Bubble Show** — Educational and interactive show held at FS Library starting at 3:30 p.m. For ages 6 and up. Call 438-9521.

**Play Mornings at ACS** — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

### 21 / Wednesday

**Hiring Fair** — Held at AMR Recreation Complex from 9 a.m.-3 p.m. for applicants interested in applying for recreation and business programs only. Open vacancies and additional details can be found at [himwr.com](http://himwr.com). Call 656-3319.

**Bubble Show** — Educational and interactive show held at SB Library starting at 3:30 p.m. for ages 6 and up. Call 438-9521.

### 22 / Thursday

**Informal FRG Funds Custodian Training** — Held at SB Nehelani Conference & Banquet Center from 10:30 a.m.-12:30 p.m. for FRG leaders, funds custodians and command representatives to gain a clear understanding of the various funds available and the types of purchases that can be made with each fund. Call 655-4227.

**Basic Investing & TSP** — The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options, including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

**Scream Free Parenting** — Four-week program held at SB ACS from noon-1:30 p.m. Training designed for parents of children ages 5-15 to take a look at their parenting practices and identify ways to strengthen their parenting skills and create healthy relationships. Call 655-4227.

### 23 / Friday

**Parenting 101** — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

## community Calendar

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 16 / Friday

**U.S. Army Birthday** — The Army’s birthday was June 14, and the U.S. Army in Hawaii will celebrate the Army’s 242nd birthday on June 16 from 5-9 p.m. with a luau on Weyand Field, Schofield Barracks.

The entertainment is free, and participants can enjoy both a traditional luau and carnival food, as well as beverages and food for purchase.

The Polynesian Cultural Center will present a great show at 6:30 p.m. followed by singers Malia Gibson and Ben Vegas.

**Hawaii 50th State Fair** — Rides, games, food and entertainment at Aloha Stadium, Fridays-Sundays, through June 25. Visit [ekfernandez.com](http://ekfernandez.com).

**Ten-Miler** — Registration is underway now for the 2017 9th annual Army Hawaii Ten-Miler Qualifier happening on July 15 at 5 a.m. This event is the installation commander’s official qualifier for Team Army Hawaii’s participation in the Na-

tional Army Ten-Miler in Washington, D.C., on Oct. 8. Register at [himwr.com/armyten-miler](http://himwr.com/armyten-miler).

**Barbecue and Blues Festival** — The Hilton Hawaiian Village hosts the spread of true southern barbecue dishes and creates one incredible evening for this second annual event, 5-9:30 p.m., on the Great Lawn. General admission (military with valid ID) is \$25. For more details and to purchase tickets, visit [www.hiltonhawaiianvil-lage.com/bbq](http://www.hiltonhawaiianvil-lage.com/bbq).

### 17 / Saturday

**SB Kolekole Walking-Hiking Trail** — The trail is closed for hiking this weekend due to live-fire training.

**King Kamehameha Hula Competition** — The 44th annual event showcases hula from across the state and Japan, 1-6 p.m., at Neil Blaisdell Arena. Groups compete in various male and female categories.

**Twilight Tribute** — USO Hawaii proudly presents the fourth annual Twilight Tribute to the Troops at Sea Life Park, an exclusive outing for military and their families to enjoy the park for free with valid military or dependent ID, June

17. The park will be closed to the public during the event so that Hawaii’s military families can enjoy all Sea Life’s shows and attractions, plus giveaways and keiki activities. The night will culminate with special entertainment from Chief Sielu, featuring performances from his famed luau show.

No RSVP is required; just enter between 2:30-7 p.m. Free off-site parking available at Bellows Air Force Base with continuous shuttle service to and from Sea Life Park, beginning at 2:30 p.m. Visit [facebook.com/HawaiiUSO](http://facebook.com/HawaiiUSO).

**Bodybuilding** — The Ikaika Classic, a sanctioned bodybuilding event, will showcase competitors in men’s and women’s bodybuilding, figure, physique and bikini divisions, 5-9 p.m., for the finals, at the NBC Concert Hall. Visit [www.ikaikaclas-sic.com](http://www.ikaikaclas-sic.com) for more information.

### 22 / Thursday

**Screen on the Green** — Waimea Valley hosts open-air movie nights with new and classic films every Thursday evening through July 27, 7-8 p.m., after the Farmers Market on the Main Lawn. Visit [www.waimeavalley.net](http://www.waimeavalley.net).

### 23 / Friday

**Manhattan Transfer** — Multi-Grammy winning jazz-

fusion quartet comes to the Blue Note Hawaii Jazz Club, Outrigger Waikiki Beach Resort, for performances June 23-25 and June 29-July 2. Visit [www.bluenotehawaii.com](http://www.bluenotehawaii.com).

### July

### 4 / Tuesday

**Runway Run** — Marine Corps Base Hawaii hosts this annual holiday run along the flight line. Non-DOD cardholders must register at least 10 days before the race. Visit [www.mccshawaii.com/races/](http://www.mccshawaii.com/races/).

**Fourth of July Fire-works** — Annual Ala Moana Shopping Center event is expected to attract more than 30,000 viewers. Show will be off Magic Island, Ala Moana Beach Park.

### 7 / Friday

**Sesame Street Live** — “Elmo Makes Music” tickets for 16 performances, July 7-9 and July 13-16, at the Blaisdell Concert Hall are on sale now. Call Blaisdell Box Office info line at (808) 768-5252.

**First Friday** — Enjoy the end of the workweek by joining the hip crowds at the many Chinatown unique galleries, boutiques, cafes and restaurants for this monthly event, 5-9 p.m. Visit [www.firstfridayhawaii.com](http://www.firstfridayhawaii.com).

## This Week at the MOVIES

Sgt. Smith Theater

**Snatched (R)**

Friday, June 16, 7 p.m.

**Diary of a Wimpy Kid: The Long Haul (PG)**

Saturday, June 17, 4 p.m.

**Everything, Everything (PG-13)**

Saturday, June 17, 7 p.m.

**The Wall (R)**

Sunday, June 18, 7 p.m.

Closed Monday through Thursday.

Calendar abbreviations	ASYMCA: Armed Services YMCA	and Recreation	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
8th TSC: 8th Theater Sustainment Command	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
25th ID: 25th Infantry Division	CDC: Child Development Center	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
ACS: Army Community Service	CYSS: Child, Youth and School Services	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFAP: Army Family Action Plan	EFMP: Exceptional Family Member Program	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AFTB: Army Family Team Building	FCC: Family Child Care	PFC: Physical Fitness Center	
AMR: Aliamanu Military Reservation	FMWR: Family and Morale, Welfare	SAC: School Age Center	
		SB: Schofield Barracks	



# 84th Engineers ‘Get Fit’ with Mililani Uka students

Story and photo by  
**1ST LT. JOHN HOWARD**  
8th Theater Sustainment Command

MILILANI — Soldiers from the 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, volunteered at Mililani Uka Elementary in continued support of the school’s “Get Fit” program, May 22, here.

The school hosts the biannual event by bringing in volunteers from the community and engineer Soldiers to promote a fit and healthy lifestyle. The event was comprised of a total of 14 fitness stations to include games, relays and team building exercises.

Sgt. Fernando Reynoso, a wheeled vehicle mechanic from 561st Eng. Construction Company, 84th Eng. Bn., began the day by leading the group in warm up and stretching exercises for students of all grades. The students were excited to participate in his warm-up routine that incorporated some of the Army’s physical fitness modules.

After the warm up, Soldiers split into groups and took charge of their respective fitness stations that featured exercises including sprints, side straddle hops, push-ups and squats. As the classes rotated through the exercise challenges, Soldiers enjoyed interacting with the students.

“It was a very humbling experience to spend time with the children, hear what they think and see what interests them, said Sgt. Ferrari Jones, an interior electrician from the Headquarters and Headquarters Co., 84th Eng. Bn. “I must say it is an honor to know such a bright generation is being molded to be the next leaders of our nation.”

The event also fostered teamwork



Sgt. Fernando Reynoso and Sgt. Christopher Castilleja, 561st Engineer Support Company, lead the military fitness station during Mililani Uka Elementary School’s “Get Fit” program, recently.

and cooperation during the program as students had to work together in teams during several of the stations. Students laughed and were thrilled to be active and participating together.

“I really enjoyed leading the dance station in the event,” said Sgt. Robert Casey, a combat engineer from HHC, 84th Eng. Bn. “Kids were highly motivated and energetic. Their beaming smiles and enthusiasm were inspiring.”

**Sharing time**

At the event conclusion, the volunteers joined each class in the school’s cafeteria for lunch with the students. The school staff, parents and volunteers

provided a large buffet. Soldiers and students enjoyed the opportunity to talk and bond with each other.

“The Mililani Uka Elementary School is proud and honored to have members of the 84th Eng. Bn., 130th Eng. Bde., ... 8th Theater Sustainment Command join us in our biannual ‘Get Moving Get Fit’ events,” said Ann Harrison-Nakata, the parent community networking coordinator, Mililani Uka Elementary School.

“These occasions always bring community members, parents, family members and our military together for a day of fitness,” she added. “Our students were excited to have Soldiers teaching them how to do different workouts and

team building exercises. This demonstrates to the students how to be fit and work together with one another in various ways.”

“It was awesome to sit with Soldiers and talk story with them,” a third grade student was heard to say. “They’re so neat!”

“We are grateful for our military partners and are honored to be able to host this event with their help,” Harrison-Nakata continued.

“Our staff, parents and students love having you come and invite you for years to come,” she added. “Thank you all for your service and the sacrifice you and your families make daily. We honor you.”

# Wolfhounds aid JROTC Cadet Leadership Challenge

Story and photo by  
**JROTC DEPARTMENT**  
Punahou School

WAHIAWA — What happens when you take 69 high school JROTC cadets just days from sitting in classes to live in a full field environment on East Range Training Area for a week of challenging training?

Great things happen when your support unit is comprised of Soldiers of 4th Platoon, Delta Company, 1st Battalion, 21st Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division.

Its leadership, including 1st Lt. Jim Cejka and Staff Sgt. Donald Castelow – both having just returned from a training exercise on Pohakuloa Training Area, Hawaii – provided the JROTC cadets of Punahou and St. Louis schools with a first-rate training experience, recently.

The units provided oversight of the Confidence Course and Leadership Reaction Course and set up a weapons system static display for the cadets during their training, here, June 5-9.

**New heights-highlights**

Topping it all off, the platoon also coordinated to procure master rappel qualified noncommissioned officers and coordinated with East Range Training Center to enable the cadets to rappel off a 45-foot tower.

“Awesome! These guys were great, professional and courteous and respectful to us,” explained one JROTC cadet.

“I never realized the amount of technical stuff they need to know to do their jobs and how much is expected of our Soldiers,” explained another.

Cejka worked alongside newly commissioned University of Hawaii Army



SCHOFIELD BARRACKS — JROTC cadets of Punahou and St. Louis schools live and train at the East Range Training Center, here, as part of the JROTC Cadet Leadership Challenge, recently.

ROTC 2nd Lt. David Yoshimoto, who supervised a volunteer group of alumni cadre comprised of former JROTC cadets to mentor the cadets.

“I have been assisting this annual camp ever since I graduated from Punahou School,” explained Yoshimoto. “As alumni cadets, we have experienced what they are going through and know their expectations and limitations. This is really a great opportunity on our part to develop our own leadership skills and pay back in return for what we received from our experiences as former cadets.”

**Mission**

Officials coordinating the program described the purpose of this JROTC Cadet Leadership Challenge (JCLC) encampment. It is intended to provide cadets

with a physically and mentally challenging opportunity to employ leadership and teamwork principles learned in the classroom into a practical setting within a military environment.

Cadets are organized into platoons, and cadet leaders are selected to lead the element under the supervision of their retired Army cadre and volunteer alumni cadets. The cadets, including 20 female cadets and 49 male cadets from grades 9 to 12, gathered at the East Range Training Center on June 5 and foot marched 3 miles to a field bivouac site where they erected tents and began day and night land navigation training.

Throughout the week, the cadets lived and trained in the field environment until June 8 when they completed the LRC and finally got a shower before con-

ducting drown proofing, swim relays and a confidence dive off the high board at Richardson Pool. Afterwards, the cadets excitedly enjoyed an hour of bowling at Schofield lanes before heading back to the field.

On June 9, the cadets struck camp and moved near the NCO Academy to conduct a final round robin of competitive events that incorporated all they had learned throughout the week.

“The best camp ever,” explained one cadet. “To think, we did all of these things with other students we did not even know until we got here was just amazing! Our platoon is so tight and we are so proud of each other!”

Cejka, Castelow and their fellow Wolfhound Soldiers agreed; supporting this group of high school cadets was inspiring.

“I totally respect these young men and women volunteering to give up a portion of their summer vacation to live and train Army style in the woods for a whole week,” said Castelow. “It makes you feel really good that we are able to share what we do for a living and that their respect for us comes right back.”

**JROTC Punahou**

The JROTC program at Punahou School operates a magnet program at no cost that allows students who do not have JROTC at their schools to enroll in the program at Punahou throughout the school year.

Contact retired Lt. Col. Bob Takao at [rtakao@punahou.edu](mailto:rtakao@punahou.edu) or call 944-5723 to find out more about this unique opportunity.

# Father’s Day offers a time for processing flashbacks of dad

My middle-aged brain regularly forgets that my sunglasses are perched on my head, can’t remember where I parked the minivan and compels me to walk around my house muttering to myself, now, why did I come in this room again?

But for some unknown reason, I have an incredibly detailed memory of my childhood.

My recollections aren’t perfect; instead, I experience photographic flashbacks of certain mundane, seemingly unimportant occurrences, like climbing my neighbor’s tree or eating dry Tang out of the jar with my licked finger. It’s as if I can transport myself back in time and re-experience all the sights, sounds, smells, tastes and feelings all over again.

Simple childhood memories have a way of clearing the cobwebs away to reveal hidden truths in my life.

I had one of these nostalgia-induced grounding experiences a few years ago, while I was at Walmart buying cards for Father’s Day. I thought it would be a quick errand and promised the kids I’d be done in a jiffy.

But I could only stand there, reading card after card, mumbling to myself,

grimacing and shaking my head. None seemed to fit my complex circumstances. None described our complicated relationship. None communicated the mixed emotions between my father and me.

**Buying time**

The kids began protesting, so I sent them to find a gallon of milk to buy me more time. Stop overthinking this, I said to myself. There must be something here with relevance.

Before picking up another card, I stopped, stared into the distance and tried to remember how I felt about my dad – before.

Before my marriage to my Navy husband emptied my parents’ nest. Before my parents got divorced. Before my Dad resented me for not speaking to him for five years. Before I resented him for breaking up our family. Before we butted heads trying to form a new

relationship. Before we had to forgive each other.

I thought back to a time when I was just a kid and he was just my Dad.

As the details of my childhood awoke from hibernation, vivid scenes flashed in my mind. Dad taking out his false front tooth (college football injury) on a family road trip, and talking to the tollbooth operator with a fake hillbilly accent, just to make my brother and me laugh. Dad letting me skip school to go with him to Pittsburgh for business, and me throwing up peanut butter cookies into the air conditioning vents of his Buick on the way.

Dad lying shirtless on the floor, so my brother and I could draw on his back with ink pens while he watched golf tournaments on TV. Dad lecturing my brother and me at the dinner table on report card day. Dad trying to explain to a police officer why he was teaching me how to do doughnuts in the icy natorium parking lot after swim practice one night. Dad handing me an old tube sock filled with tools – a small hammer, screwdrivers, pliers – before I left for college. Dad nervously walking me down the aisle at my wedding.

One memory led to another memory, and to another after that.

Then, my mind was seized by one early recollection, which ended my paralyzing overanalysis. I could clearly see my father lifting me from the backseat of our station wagon. I had fallen asleep on the way home from some evening event, but woke up when my parents pulled into our driveway. I kept my eyes closed and pretended, lazily allowing my arms to drape limply around my father’s neck and my head to rest upon his shoulder.

I bobbed gently as he walked through the house and into my yellow bedroom, where he laid me in my mock brass bed, removed my shoes and tucked the covers around my chunky little frame.

I felt him kiss my forehead. Then, he just stood there a while. Pausing, watching in the dark silence, before he turned and left the room.

Suddenly, there at Walmart, the Father’s Day cards on the rack had relevance. My father had raised me, protected me, cared for me, loved me. I love and appreciate him.

Enough said.

(Read more from Molinari at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)





# Exchange named a 2017 ‘Best for Vets’ employer

**ARMY & AIR FORCE EXCHANGE SERVICE**  
News Release

DALLAS — The Army & Air Force Exchange Service has been named a 2017 “Best for Vets: Employer” by *Military Times*, recognizing the Exchange’s efforts to recruit and retain veterans in its worldwide workforce.

This marks the fourth consecutive year the military publication has recognized the Exchange. The annual list evaluates companies’ culture, veteran recruiting and policies, as well as accommodations for members of the National Guard and Reserves.

“The Exchange is family serving family, and part of that is providing opportunities to those brave enough

to answer the call of duty,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted adviser. “Veterans know our shoppers better than anyone, and their experience is invaluable.”

Giving preference to veterans; disabled veterans; spouses, widows and mothers of deceased disabled veterans; and military retirees below the rank of major (O-4) or its equivalent is a core part of the Exchange’s hiring process.

The Exchange is also supporting veterans by extending a lifetime online shopping benefit to all of America’s

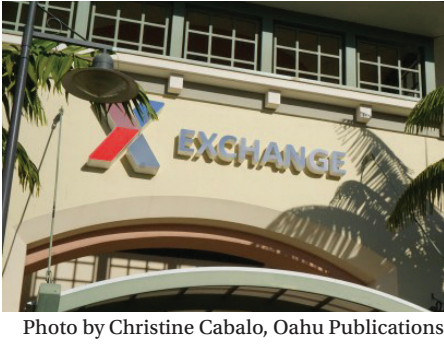


Photo by Christine Cabalo, Oahu Publications

honorably discharged veterans. Starting this Veterans Day, Nov. 11, potentially 13 million veterans will be eligible to shop at the Exchange’s online store at [shopmyexchange.com](http://shopmyexchange.com).

In 2016, the Exchange hired 1,450

veterans. During the same year, the organization employed more than 3,500 veterans.

The annual *Military Times* Best for Vets rankings are the result of a meticulous, months-long process. *Military Times* invites companies to fill out its nearly 100-question survey, tests to ensure the accuracy of responses, carefully evaluates survey data and includes only the best companies in its published rankings.

**Exchange Jobs**

To browse job opportunities at the Exchange, veterans can visit [applymyexchange.com](http://applymyexchange.com).

# Hale Koa named Blue Zones Project approved site

**BLUE ZONES PROJECT**  
News Release

FORT DERUSSY — Staff, families and guests were invited to join the celebration as Hale Koa Hotel became the first hotel in Hawaii to become a Blue Zones Project approved worksite.

Brought to Hawaii through an innovative sponsorship by HMSA, Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to lifestyle, environment, policy and social networks.

**Official recognition**

The hotel celebrated this recognition with a ceremony, Monday, on the Hale Koa Hotel lawn beachfront of the Ilima Tower at 2055 Kalia Road. The ceremony was held in conjunction with the Hale Koa Hotel’s annual employee Ohana Day festival for staff, their family and friends.

Hale Koa Hotel is an oceanfront resort situated on 72 acres in Waikiki and an Armed Forces Recreation Center operated by the Department of the Army. Since its grand opening in 1975, the hotel’s staff of approximately 750 has continued “Serving Those Who Serve” by accommodating over one million military personnel and dependents each year.



Courtesy photo

**Hale Koa Hotel General Manager Richard LeBrun (left) with Sharecare Vice President Craig Petty cut the Blue Zones Project ribbon on June 12.**

homemade entrees and soups, as well as fruit-infused water and green tea in the cafeteria, so healthier choices are available to all staff.

- Creating a robust well-being effort, called the “Malama Ola Program,” which offers on-site wellness workshops, organized walking groups known as “moai,” encouraging

walking and standing meetings, employer-subsidized FitBits for staff purchase and complimentary access to the hotel’s fitness center.

- Offering ergonomic workstations for staff use.

“It’s really inspiring to see Hale Koa Hotel investing in the health and well-being of their employees,” said Garett Azama, HMSA’s vice president of Consumer Strategy.

“Blue Zones Project supports us in adopting best practices where healthy lifestyle choices are the easiest ones.”

- Richard LeBrun  
General manager, Hale Koa Hotel

“Good health is one of the most rewarding benefits you can give your workforce and Blue Zones Project has the perfect formula to make that process simple.”

**Natural fit**

With many employee care programs in place to recognize birthdays, length of service, extraordinary acts of kindness, annual family events and a winter holiday celebration, the Blue Zones Project initiative was a natural avenue to further support the health and well-being of its staff.

“Our organization is only as productive and resilient as the overall health and well-being of our staff. Blue Zones Project supports us in adopting best practices where healthy lifestyle choices are the easiest ones for our ohana,” said Richard LeBrun, general manager of Hale Koa Hotel.

Guests of the celebration will be able to enjoy Blue Zones inspired healthy snacks, create individual, paint art by cycling on a Blue Zones Project stationary bike, register for Sharecare app for smartphones, take the RealAge Test and participate in fitness activities.

**More Details**

To learn more about becoming a Blue Zones Project approved worksite, contact the Blue Zones Project team in Hawaii at [BlueZonesProjectHawaii@healthways.com](mailto:BlueZonesProjectHawaii@healthways.com), or visit [hawaii.bluezonesproject.com](http://hawaii.bluezonesproject.com).

# Uncertainty in life? Consider an ‘all in!’ spirituality

**CHAPLAIN (MAJ.) DAVID CURLIN**  
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Humans have chosen a variety of analogies to wrestle with the dilemma of how to deal with uncertainty, especially when responding to God.

Our unique human capacity, known as consciousness, allows us to consider ourselves in relation to the greater whole. We know we are part of an awe inspiring reality that we must relate to and live in, but we are unsure exactly what the basis of that reality is.

This human predicament has reminded many of the dilemmas a poker player faces when making a wager. To win in the game of poker, a player must wager without certainty. To win big, the player must bet big. The better the hand, the bigger the wager. Yet, nothing is certain.

Poker players who are paralyzed by uncertainty never win. From the human perspective, every hand appears flawed. This awareness makes most humans hedge their bets. They both choose a hand and make a very small bet, or they fold and refuse to play any hand.

**A strategy?**

What is your strategy? What hand have you chosen?

Is it Jehovahah, Jesus, Buddha or Mohammed?

Maybe you have decided that there is



Curlin

no background story and that life is nothing more than matter in motion.

If you have chosen a hand how big is your wager? Are you hedging your bets or are you “all in”? Who is your adviser? Are you winning? How do you know?

This week as the Christian church begins its annual birthday celebration in the season known as Pentecost one man stands out. The Apostle Paul was always “all in.” He initially refused to wager on Jesus as the Jewish Messiah and aggressively worked to crush the fledgling church. However, after a series of life changing encounters, Paul went all in with Jesus and eventually became the most important proponent of the message known as the Good News of which Jesus is the center.

In a letter to the young church at Philippi, Paul recounted the difficult decision to lay aside the hand he had successfully played as a highly educated and devout Jew to play the tenuous position as a spokesman in a new and suspect sect. How did this gamble pay off? In Paul’s words, “But whatever gain I had, I counted as a loss for the sake of Christ. Indeed, I count everything as



loss because of the surpassing worth of knowing Christ Jesus my Lord.”

**All in**

Paul went “all in” and the rest is history.

What does Paul have to teach us about effective wagering in this game of life?

The lesson is twofold. One, the hand you play makes a tremendous difference in what you understand about yourself and the larger story you are a part of. Two, if you don’t bet big on your chosen hand, there won’t be much return.

Some argue that all hands are the same, in effect, but that is only true when the hands are accompanied by small bets. Big bets lead to big differences.

If you are bothered or disillusioned by the fact that your chosen hand hasn’t produced substantial returns, make sure you’ve made a significant wager, and remember the biggest returns go to those who are “all in.”

(Editor’s note: Curlin is the director of Protestant Ministries for USAG-HI.)



Courtesy photo

**A good poker player wagers with uncertainty, but goes “all in” to win big.**

*Worship Services*

Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

FD: Fort DeRussy Chapel

HMR: Helemano Chapel

MPC: Main Post Chapel, Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Har-

bor

SC: Soldiers’ Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

**Catholic Mass**

- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC

-11 a.m. at TAMC

**Gospel Worship**

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

**Islamic**

- Friday, 12:30 p.m. at AMR (Call 477-7647)

**Jewish Shabbat (Sabbath)**

- Friday, 7:30 p.m. at PH (Call 473-3971)

**Protestant Worship**

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary)

-10:30 a.m. at AMR (Contemporary)

-11 a.m. at WAAF (Contemporary)



# Safety at the forefront for reducing work injuries

ALEX FELIX

Tripler Army Medical Center

HONOLULU — June is National Safety Awareness Month, and Tripler Army Medical Center is joining the National Safety Council (NSC) and the Army Safety and Health Management System (ASHMS) to focus on reducing the leading causes of injury and death at work, on the road, and in our homes and communities.

This year the NSC focuses on four main safety concerns throughout the month.

Getting focused

- Don't get tripped up.** Falls are the most common cause of traumatic brain injuries, including concussions. Keep each other safe by keeping your home and work area safe.
- Recharge to be in charge.** About 37 percent of the U.S. workforce is sleep deprived. Proper sleep allows us to recharge and avoid injuries at home and at work.
- Prepare for active shooters.** Active shooter situations are unpredictable and unfold quickly. Always be aware of your environment and locate the nearest two exits in any place you visit.
- Don't just sit there.** If you have back pain, you are not alone. About 80 percent of Americans have it, and 31 million will experience low-back pain at any given time. Prevent strains, dislocations and muscle tears by lifting properly.

ASHMS

If you haven't already, you will soon start hearing the term ASHMS more often. As part of the ASHMS process, the Tripler Safety Office is asking staff members to contribute and create a culture of safety throughout the organization.

The key to success of the ASHMS program, or any worksite safety program, is for everyone to actively participate. There are many ways that can be done.




- First, connect with your employer's Safety Office. At Tripler, the Safety Office can help to educate employees to identify hazards and even conduct a job hazard analysis.
  - Second, report and document safety issues and the corrective action taken.
  - Third, be a part of the change and instruct others in the safe procedures of completing tasks.
- TAMC is committed to providing its patients with a safe and healthy environment. However, for any plan to be successful, everyone must do his or her part.



Courtesy photo

**National Safety Month**

For more information on National Safety Month, visit the NSC website at [www.nsc.org](http://www.nsc.org).



## TAMC TIP

# Protect your kids



Children are at high risk for injuries that can lead to death or disability, including burns, drowning, falls, poisoning and road traffic injuries.

Use these tips to ensure your kids are safe.

- Set your water heater's thermostat to 120 degrees Fahrenheit or lower to help prevent burns from scalding water.
- Don't leave food unattended on the stove or other hot surfaces.
- When your kids participate in outdoor activities, make sure they put on appropriate protective gear, such as wrist guards, knee and elbow pads, helmets and life jackets.
- Supervise kids around cooking surfaces, bodies of water, stairs and playground equipment.
- Use seat belts, child safety seats and booster seats as appropriate for a child's age and size when riding in a motor vehicle.
- Make sure children ages 13 and under ride in the backseat. Avoid placing children in front of air bags.
- Put medicines, cleaning solutions and other dangerous products in locked or child-proof cabinets.
- Place the poison control phone number (1-800-222-1222) on all landline and cellphones.
- Read directions and warnings on labels before giving medicines to children.
- Create a smoke-free environment for your child.